

Clarinda Schools September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
 	1 Hot Dog on WG White Bun Baked Beans Mixed Fruit Milk Assorted	2 Pizza, sausage MAX Garden Salad Peaches Milk Assorted Dirt Cake	3 Grilled Cheese Doritos Broccoli, fresh Applesauce Milk Assorted	4 Chicken Nuggets Carrot, diced Mandarin Oranges Tea Roll WG Milk Assorted	Calories 646 Total Fat 21.70 g 30.2% Saturated Fat 5.68 g 7.9%
7 No school today	8 Popcorn Chicken Broccoli & Cheese Pineapple Tidbits Apple, fresh sliced or whole Mini Muffin, BB Milk Assorted	9 Quesadilla Bush's Southwestern Beans Mandarin Oranges Tea Roll WG Milk Assorted	10 Pork Loin on WG Bun Potato Cheese Bake Pears Milk Assorted	11 Cheese Breadsticks/Sauce Corn Peaches Jonny Pops Milk Assorted	Calories 629 Total Fat 17.05 g 24.4% Saturated Fat 6.04 g 8.6%
14 Burrito and Cheese sauce Green Bean Mixed Fruit Belly Bears Milk Assorted	15 Chicken Fried Steak on WG Bun Baked Beans Pineapple Tidbits Milk Assorted	16 Pizza, personal, pepperoni Garden Salad Strawberry Applesauce Milk Assorted	17 Chicken Tenders Corn Banana Dick and Jane Cookies Milk Assorted	18 Pulled Pork Sandwich Doritos Carrot, baby Orange Smiles (4) Milk Assorted	Calories 665 Total Fat 20.13 g 27.2% Saturated Fat 4.23 g 5.7%
21 No school today	22 Pizza, Taco, Fiestada Broccoli & Cheese Peaches Tea Roll WG Milk Assorted	23 Corndog on a Stick Mixed Veggies Mandarin Oranges Gripz Cookie Bits Milk Assorted	24 Chicken Drumstick Baked Beans Mixed Fruit Tea Roll WG Milk Assorted	25 BBQ Rib on WG Mac & Cheese Applesauce Carrot, diced Milk Assorted	Calories 667 Total Fat 17.03 g 23.0% Saturated Fat 5.37 g 7.2%
28 Chicken Patty on WG Bun Baked Beans Apple, fresh sliced or whole Milk Assorted	29 Burger on Bun Potato Puffs Strawberries, frozen Milk Assorted	30 Pizza Stick and String Cheese Green Bean Mixed Fruit Cookie, Carnival Milk Assorted	 	 	Calories 688 Total Fat 17.80 g 23.3% Saturated Fat 5.43 g 7.1%

CCSD is an equal opportunity provider
All menus subject to change due to product availability

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.